Series: Ongoing notes on curing the side effects of antipsychotic medications(allopathic medicines)

Subtitle: Dealing with 50mg Risperdal Consta: Part 2

1. When you find yourself in unbarable circumstances, especially with regards to excrutiating/ distressing symptomns from allopathic medicine, then one must first be patient.

Secondly- take some " me time", completely immersing yourself in Ruqya; plea to Allah for health, reading Quraan if possible, especially the ayaat on ruqya, and possibly the ayaat on sakeenah/ tranquillity, and possibly Surah Rahmaan, to remind oneself of the never- ending blessings of Allah upon us, Wa Allahu A'lam.

2. One should also try to memorise/ recite Rahmaan, followed by understanding of the meaning, and its tafseer/ explanation/ exegesis i.e. Tafseer Sa-di Chapter 55 and Tafseer Ibn Kathiir Chapter 55. Wa Allahu A'lam.

Alhamdulillah wassalaatu wassalaam 'alaa RasuulilLah